

Energy Efficiency 101: Creating a Healthier Home

Learn about the importance of indoor air quality and health & safety in the home. The presenter will explore how health & safety are related to energy efficiency. The workshop will also highlight what to look for and what to avoid.

Healthy Homes 101

When is a home healthy?

- · Safe
- o Dry
- · Clean
- · Pest-free
- « Ventilated
- « Maintained

« Et Toxin Free



When is a home healthy?

- · Safe
- o Dry
- · Clean
- · Pest-free
- « Ventilated
- « Maintained





Don't Smoke Inside!

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

Tobacco Smoke Kills: You don't have to be a smoker to die from Lung Cancer!

2,000,000

of ER visits per year in the U.S. due to Asthma Attacks

19%

% of U.S. Families with at least 1 Asthmatic

40%

Increased risk of Asthma in damp houses

"There really are monsters under the bed!"



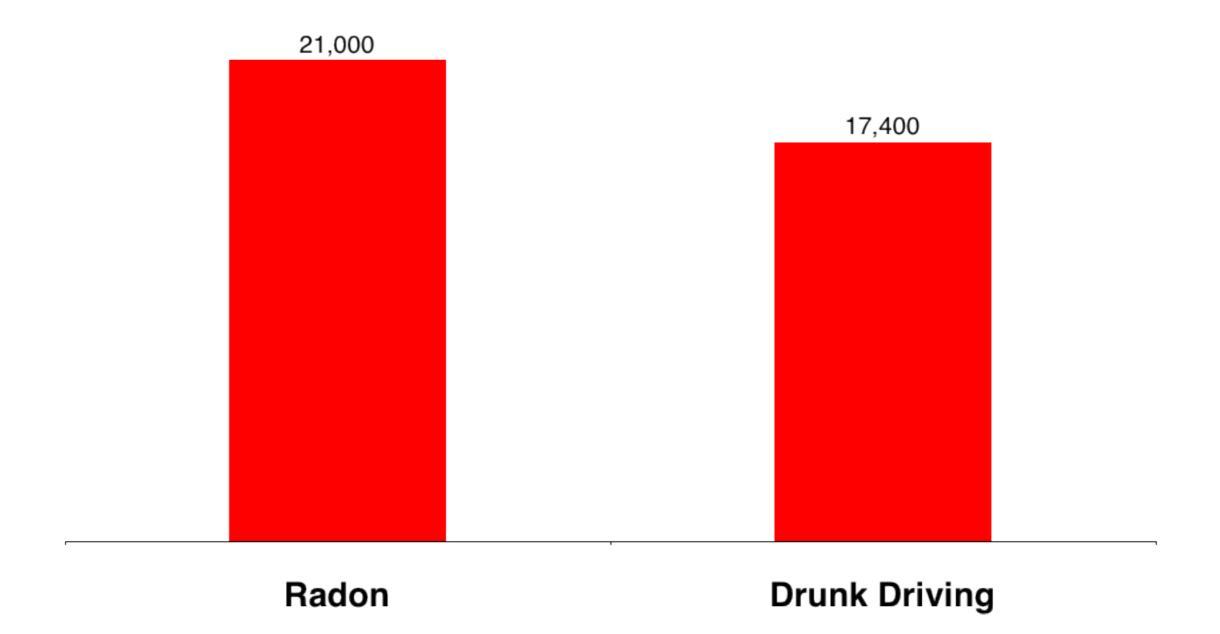
20,000

Cancer deaths per year in the U.S. due to Radon

The other warning

SURGEON GENERAL's WARNING: Radon causes lung cancer.

Radon deaths per year

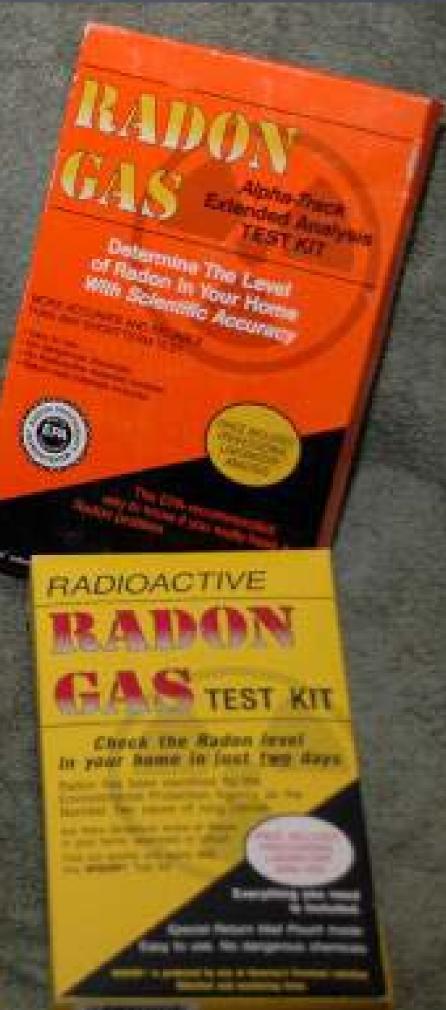


Linu15

Have you tested your home for Radon?







EPA does not endorse any specific brand of Radon Test Kit



2 to 5 Times

EPA estimates 2 to 5 times higher chemical pollutant levels indoors

What chemicaly ave in nomes?

Nutrition Facts

Serving Size 1/2 cup (57g) Servings Per Container 15

A	Da-	Cambian	
Amount	rer	Serving	ı

Calories 230 Calories from Fat 100

	% Daily Value
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 18g	

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

depending on yo	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

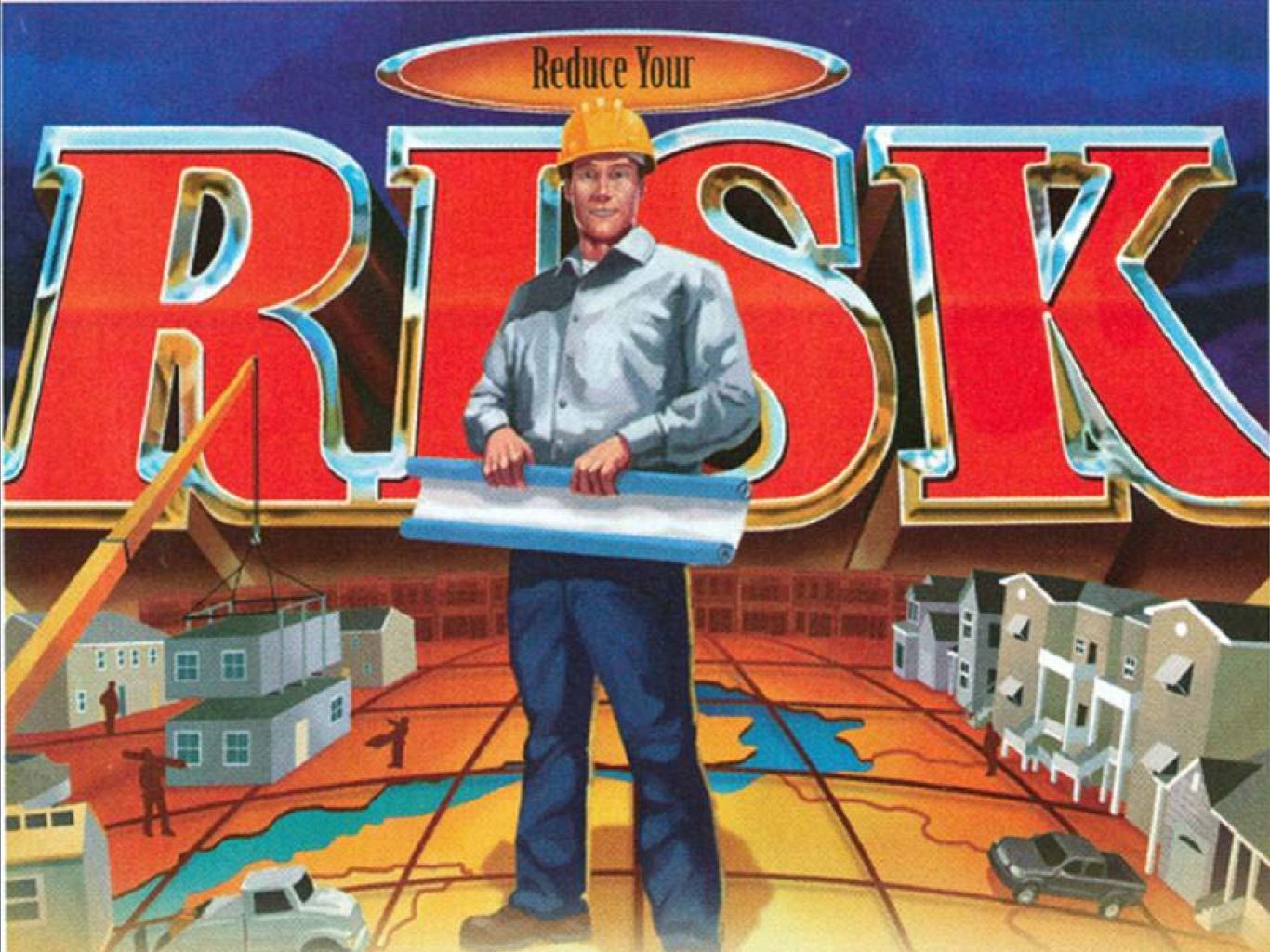
Fat 9 • Carbohydrate 4 • Protein 4

Is my house making me Sick?



Maybe not

It's about...

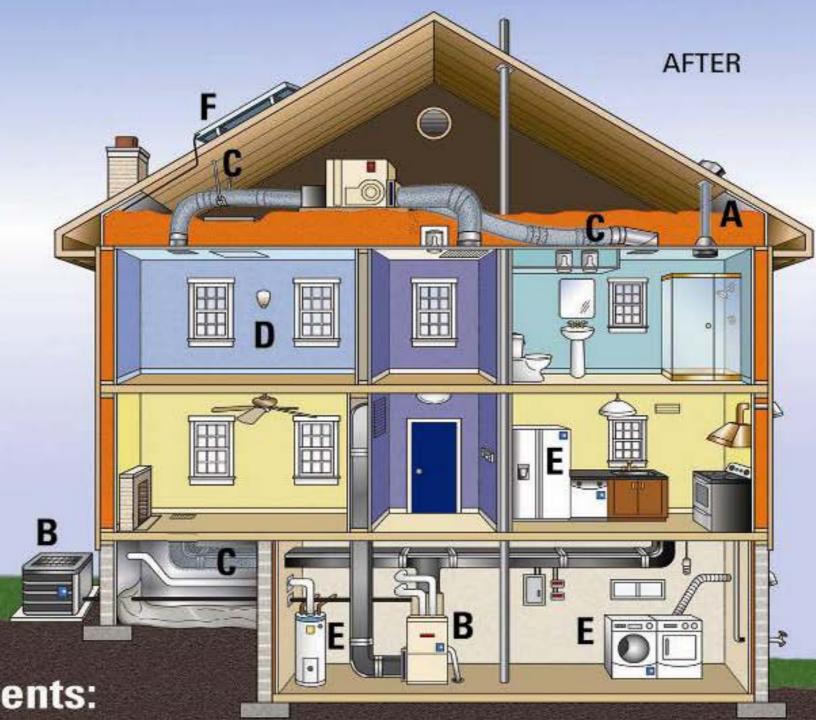


What can we dotabout these risks?

Home Performance Improvements

BEFORE





Typical Home Improvements:

- A Sealing Air Leaks and Adding Insulation
- **B** Improving Heating and Cooling Systems
- © Sealing Ductwork

- Replacing Windows
- Upgrading Lighting, Appliances, and Water Heating Equipment

Indoor Air Quality Improvements

Asthma is a serious, sometimes life-threatening respiratory disease that affects the quality of life for millions of Americans.

Environmental asthma triggers: are found around the home and can be eliminated with simple steps.

- . Don't allow smoking in your home or car.
- . Dust and clean your home regularly
- · Clean up mold and fix water leaks.
- Wash sheets and blankets weekly in hot water.
- · Use allergen-proof mattress and pillow covers.
- · Keep pets out of the bedroom and off soft furniture.
- Control pests—close up cracks and crevices and seal leaks; don't leave food out.

Children are especially sensitive to secondhand smoke, which can trigger asthma and other respiratory illnesses.

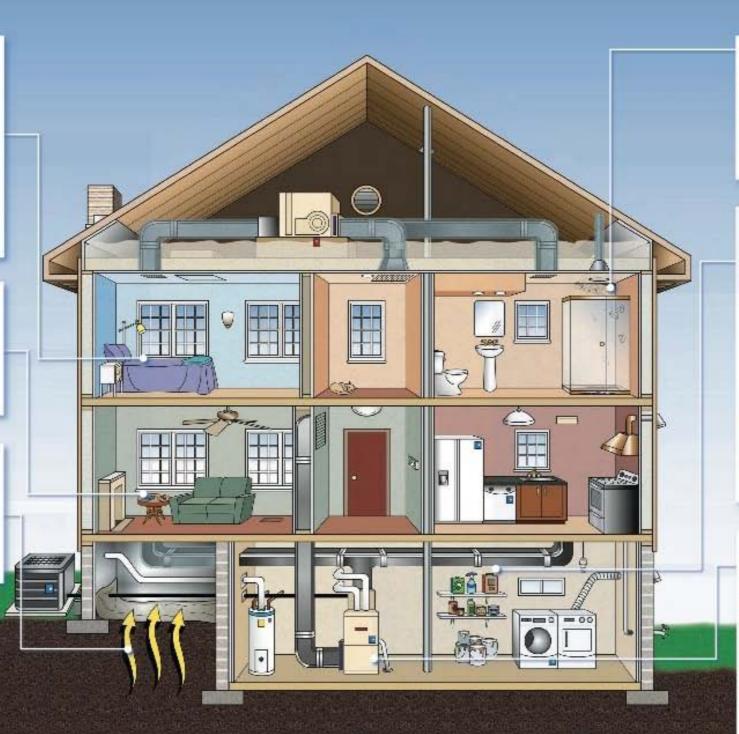
Secondhand smoke: smoke comes from burning tobacco products such us cigarettes, pipes, and cigars.

 To help protect children from secondhand smoke, do not smoke or allow others to smoke inside your home or car.

Radon is the second leading cause of lung cancer.

Radon gas: enters your home through cracks and openings in floors and walls in contact with the ground.

- Test your home with a do-it-yourself radon kit. If the test result indicates you should fix, call a qualified radon mitigation specialist.
- Ask your builder about including radon-reducing features in your new home at the time of construction.



Mold can lead to allergic reactions, asthma, and other respiratory ailments.

Mold: can grow anywhere there is moisture in a house.

- . The key to mold control is moisture control.
- If mold is a problem in your home, you should clean up the mold promptly and fix the water problem.
- It is important to dry water-damaged areas and items within 24-48 hours to prevent mold growth.

VOCs cause eye, nose, and throat irritation, headaches, nausea, and can damage the liver, kidney, and central nervous system.

Volatile organic compounds (VOCs): are chemicals that evaporate at room temperature. VOCs are emitted by a wide array of products used in homes including paints and lacquers, paint strippers, varnishes, cleaning supplies, air fresheners, pesticides, building materials, and furnishings. VOCs are released from products into the home both during use and while stored.

- Read and follow all directions and warnings on common household products.
- Make sure there is plenty of fresh air and ventilation (e.g., opening windows and using extra fans) when painting, remodeling, or using other products that may release VOCs.
- Never mix products, such as household cleaners, unless directed to do so on the label.
- Store household products that contain chemicals according to manufacturers' instructions.
- Keep all products away from children!

Carbon monoxide causes headaches, dizziness, disorientation, nausea and fatigue, and high levels can be fatal.

Nitrogen dioxide causes eyes, nose, and throat irritation, impairs lung function, and increases respiratory infections.

Sources include: indoor use of furnaces, gas stoves, unvented kerosene and gas space heaters, leaking chimneys, and tobaccoproducts.

- Ventilate rooms where fuel-burning appliances are used.
- Use appliances that vent to the outside whenever possible.
- Ensure that all fuel-burning appliances are properly installed, used, adjusted, and maintained.

Visit www.epa.gov/iaq

Cantwejust July a Healthier Home?

Symbol for indoor air quality

Healthy
families







Symbol for energy efficiency

Healthy
Home

Indoor aurplus



EXIT Disclaimer

EXIT Disclaimer

October 6: 1:00 to 2:00 EDT, Completing the

Water Management/IAP checklist: The Indoor

airPLUS program and the ENERGY STAR Version 3

program align closely. Register for this Webinar.

Read the first in a series of Partner Profiles to learn from industry

homes. Learn about the challenges Artistic Homes has faced and

ENERGY STAR Version 3 and why they believe this commitment

Learn more about EPA's voluntary New Home Labeling Programs:

experts who are committed to building 100% Indoor airPLUS

the successes they have experienced by incorporating Indoor

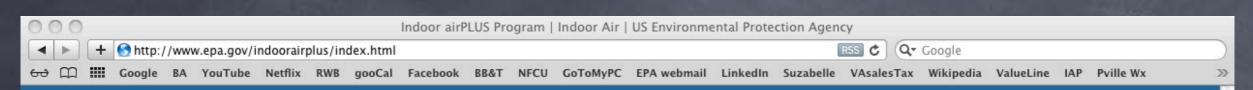
airPLUS. Also, learn about their decision to say "We're In" to

will work to their advantage. Read More.

Click Here

to sign up for e-mail updates on EPA's Indoor airPLUS Program

Indoor airPLUS





LEARN THE ISSUES | SCIENCE & TECHNOLOGY | LAWS & REGULATIONS | ABOUT EPA

Advanced Search

A-Z Index

Contact Us Share

SEARCH

Indoor airPLUS Program

Better Environments Inside and Out

Homes with the Indoor airPLUS label are designed for improved indoor air quality compared to homes built to minimum code.





Why design and build with Indoor airPLUS? EPA created Indoor airPLUS to help builders meet the growing consumer preference for homes with improved indoor air quality. By constructing homes that meet EPA's stringent specifications, forward-thinking builders can distinguish themselves by being among the first to offer homes designed to deliver improved indoor air quality. Step Up to Indoor airPLUS (PDF) (8 pp., 1 M,about PDF)

Ally Partners Agreement Form Brochures Builder Information

Builder Partners Verification Checklist Construction Specifications Habitat for Humanity

Join Now Labeling Reporting Moisture Control Multimedia

Podcasts Program Updates Stay Connected Technical Guidance

Verifier Leaders Webinars Web Tools Indoor Air Quality

How do I ...?

Become a Partner

Top Three Questions

1. How can I partner with the

verification services?

3. How much will it cost to

More Indoor airPLUS Questions

Read more about Indoor Air Quality

participate?

Indoor airPLUS program? 2. How do I find a home energy

rater that offers Indoor airPLUS

- Know what to look for when buying a new home
- · Learn about the advantages of an Indoor airPLUS Home
- Find the Construction Specifications and the Verification Checklist

Upcoming Events

Listed below are the final three parts of the EPA Habitat series.

September 29 1:00 to 2:00 EDT, Working with your HVAC Contractor: ENERGY STAR Version 3 will require more support from your HVAC contractor. Register for this Webinar. EXIT Disclaimer

October 6: 1:00 to 2:00 EDT, Completing the Water Management/IAP checklist: The Indoor airPLUS program and the ENERGY STAR Version 3 program align closely. Register for this Webinar. EXIT Disclaimer

Partner Updates

Meet the Builder: Tom Wade, Co-Owner, Artistic Homes "Commitment and Strategy in Action"

Artistic Homes has been a frontrunner in energy efficient home building for years by incorporating the latest building science techniques. They are an industry leader in new construction focusing on energy efficiency, indoor green design and sustainable building practices.

Read the first in a series of Partner Profiles to learn from industry experts who are committed to building 100% Indoor airPLUS homes. Learn about the challenges Artistic Homes has faced and the successes they have experienced by incorporating Indoor airPLUS. Also, learn about their decision to say "We're In" to ENERGY STAR Version 3 and why they believe this commitment will work to their advantage. Read More.

Learn more about EPA's voluntary New Home Labeling Programs:

Stay Connected with Indoor airPLUS





Get more tools | Read Program Updates

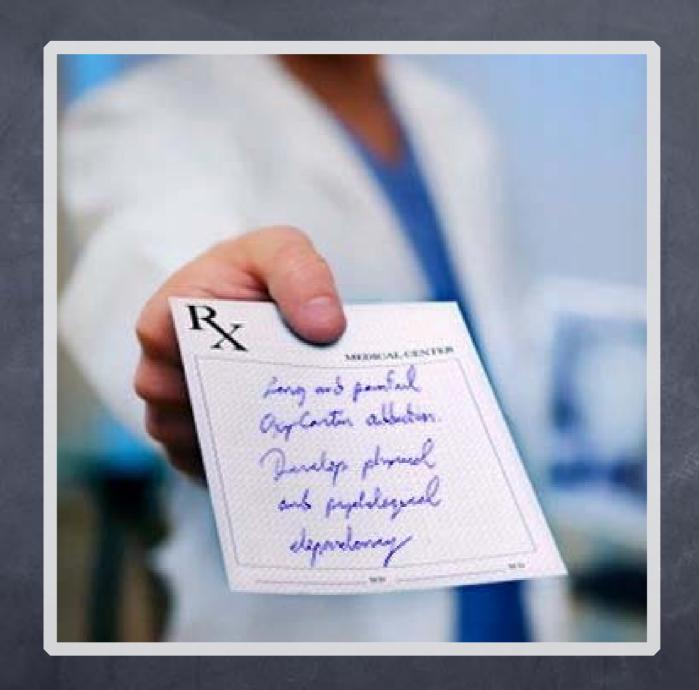


Click Here to sign up for e-mail updates on EPA's Indoor airPLUS Program



But we like our current home! How can we makeit Healthier?

Does your house have symptoms?



Get a diagnosis!

Calla House Dr.

(a Home Performance Professional)



Where can we find a House Dr.?

Check out these programs...

ENERGY STAR



Home Improvement

Assess Your Home

Common Home Problems

Home Performance with ENERGY STAR

Home Advisor

Seal & Insulate

Heat & Cool Efficiently

Join ENERGY STAR

HOME PERFORMANCE WITH ENERGY STAR

Home > Home Improvement > Assess Your Home > Home Performance with ENERGY STAR



More than 75,000 families have had their homes improved through Home Performance with ENERGY STAR, a comprehensive, whole-house approach to improving energy efficiency and home comfort, while helping to protect the environment. These families are enjoying benefits like, fewer drafts, consistent temperatures across rooms, better ventilation and humidity control, and lower utility bills.

Stories from Home Performance with ENERGY STAR Families



Matt and Lisa Nutting • Fresno, California • Rare Service

When the Nutting family was battling asthma, respiratory problems, mold, and high energy bills, they called a local contractor participating in Home Performance with ENERGY STAR. The contractor, trained to diagnose and fix homes using a 'house as a system' approach, found leaky ducts, poor attic insulation, and unsealed can lights in the ceiling. To improve the health of the family and lower energy bills, the ducts were repaired and replaced, the attic insulation was upgraded, the can lights were sealed and the HVAC unit was replaced. The Nuttings could not be happier with their results.

Read Full Story (862KB)

LEARN MORE ABOUT





What to Expect >

Watch the Video





Home Performance Locations

For Sponsors





Mortgage Lending Programs

Tell Us Your Story

Does your family have a story to tell about the home improvements you've made through Home Performance with ENERGY STAR? We'd like to hear about your experience.

Share your Story and you might be featured here



RESNET



A Resnet-certified inspector can save you energy and money.

Get a professional assessment so you can start today!



Only a Resnet-certified professional has the training and skills to perform the most thorough energy assessment of your home. Resnet's federally-approved standards ensure that you get the information you need to make cost-effective changes to stop wasting energy- and start saving money.

ENERGY MORTGAGES



Energy Efficient Mortgages Increasingly popular energy mortgages are making homes more affordable.

What is an Energy Mortgage?

CASE STUDIES & VIDEOS

Case Studies

- + Guillen Residence in New Orleans Read More »
- + Mecca Residence in southern Maryland Read More »
- + Kantor Residence in New Canaan, CT Read More »

GIVE US FEEDBACK. ENGAGE.

Enjoy the benefits of RESNET inside of Facebook.

- + Search for Raters & Auditors or Contractors in our Directory
- + Get access to our latest and greatest materials.

HERS Index



What is a Home Energy Rating? A home energy rating measures how energy efficient a home is.

HERS Index

BPI



Healthy Homes Contractors



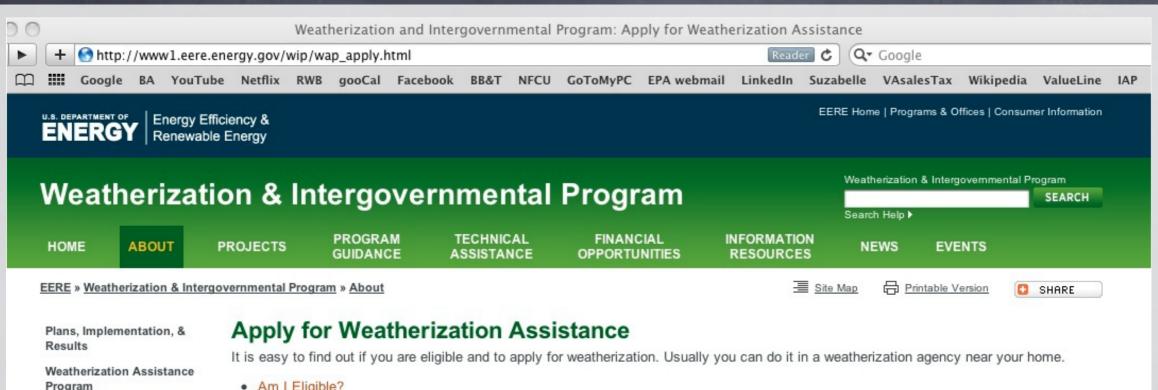
Click <u>Search by Location</u> to find healthy homes contractors and consultants in your community. Click <u>Search by Name</u> to view the credentials for firms that have that name. Click on the credentials listed below to learn more about the credential program. To register your business, please click on the "Firm" link at the bottom of the page.

Purpose of the Healthy Homes Contractors Website

This website is designed to assist you in locating a consultant or contractor to help you maintain a safe and healthy home. Finding a reputable consultant or contractor to assess or control a healthy homes hazard can be challenging. Consultants and contractors often advertise their qualifications, but few buyers can judge the qualifications. Funded by HUD to develop this pilot web site, NCC and NCHH reviewed a number of credentialing programs and identified those that appear reliable for dealing with healthy homes hazards. This website provides you with data to help you make informed decisions about a contractor or consultant to resolve your healthy homes issues.

Note to users: Neither NCC, NCHH nor HUD guarantees or is responsible for the quality or timeliness of work of a contractor or consultant with a credential listed below.

Weatherization



Program

Weatherization Services

History

Goals & Metrics

Allocation Formula

Apply for Weatherization Assistance

WAP - Sustainable Energy Resources for Consumers

WAP - Weatherization Innovation Pilot Program

State Energy Program

Energy Efficiency & Conservation Block Grant Program

Tribal Energy Program

Recovery Act

Home Energy Professional Guidelines

Contacts

- Am I Eligible?
- How does the process work?
- Frequently asked questions

Am I Eligible?

As many as 20 to 30 million U.S. families are eligible for weatherization services nationwide. Services are provided by the states, and each state has slightly different criteria. All energy services are handled by local weatherization agencies.

If you receive Supplemental Security Income or Aid to Families with Dependent Children, you are automatically eligible to receive weatherization services. In other cases, states give preference to:

- People over 60 years of age
- · Families with one or more members with a disability
- · Families with children (in most states).

One of the primary factors affecting eligibility is income. Depending on what state you live in, you are eligible for weatherization if your income falls below the "200% poverty level" defined in the PDF below. Note, however, that some states use a third alternative to set eligibility if your income is less than 60% of the median income in your state; and minimum incomes for Hawaii and Alaska, respectively, are slightly higher. For details, see the DOE Poverty Income Guidelines for 2009 D.

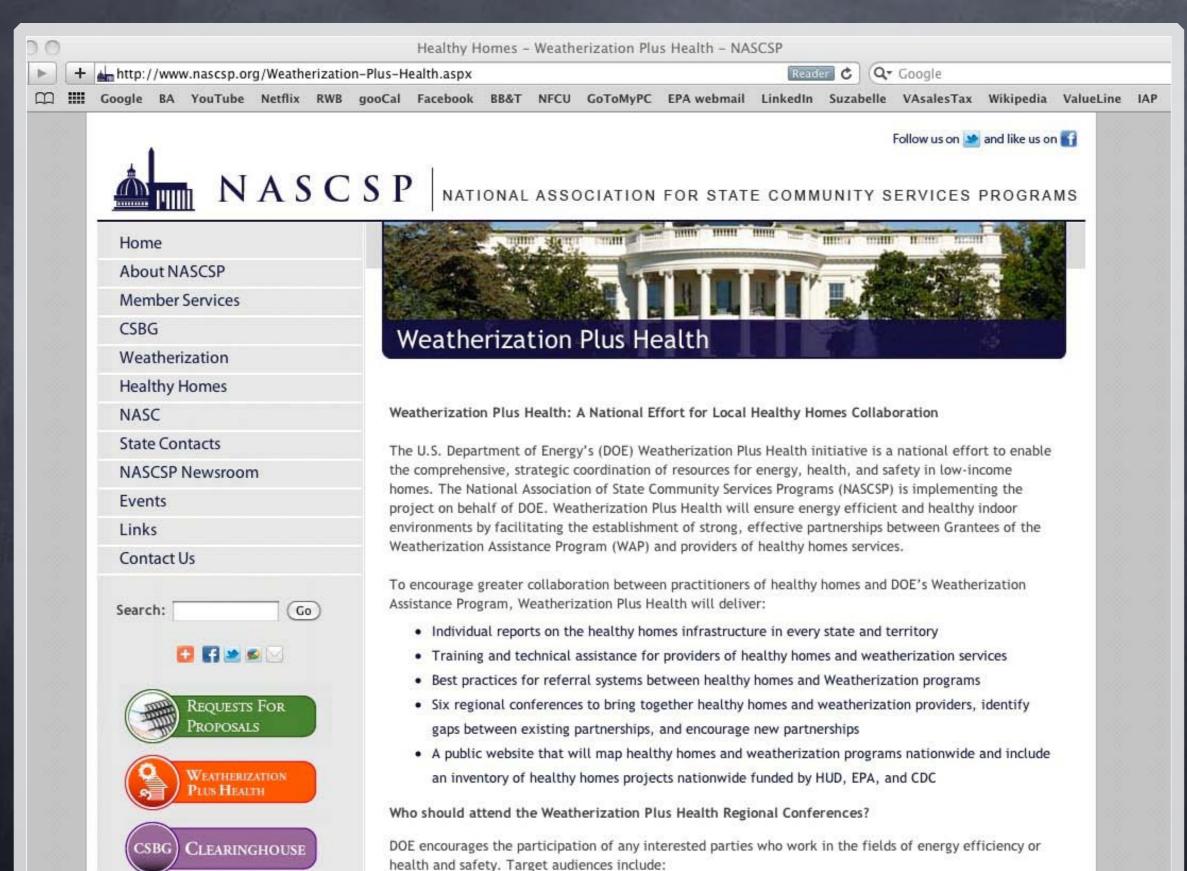
How does the process work?

- Call local agency
 - The states, not DOE, keep up-to-date lists of local weatherization agencies.
 - All weatherization services are provided by local agencies.
 - Most agencies are nonprofits that employ energy professionals.

Want to apply immediately?

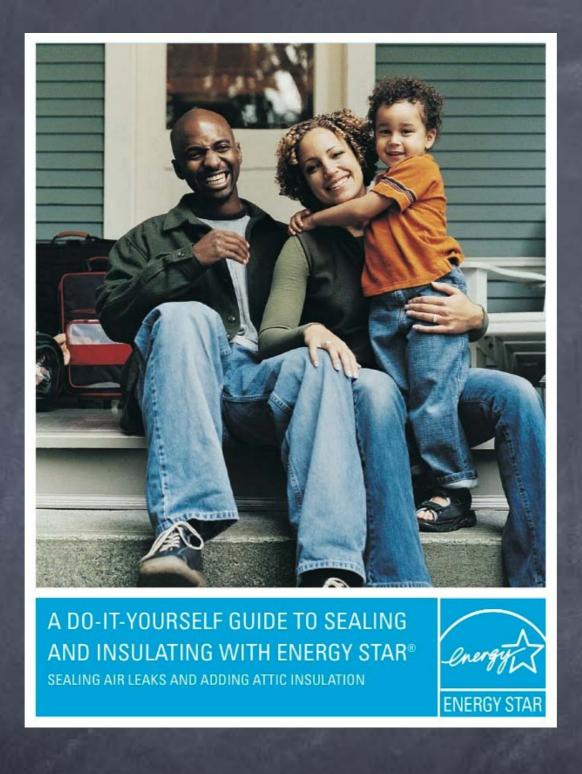
Select your state from the map on the State Contacts page and get the phone number and address of your state weatherization office.

WAP Plus Health



Hamay?

DIY



EPA's DIY Home Sealing & Insulating Guide

SEALING ATTIC AIR LEAKS

Plug the Big Holes First

Don't worry about finding and sealing all the little holes in your attic; your biggest savings will come from plugging the large ones. Once in the attic, refer to your sketch to locate the areas where leakage is likely to be greatest: where walls (inner and outer) meet the attic floor, dropped soffits (dropped-ceiling areas), and behind or under attic kneewalls. Look for dirty insulation—this indicates that air is moving through it. Dropped soffits may be filled or covered with insulation and hard to see. Push back the insulation and scoop it out of the soffits. You will place this insulation back over the soffit once the stud cavities have been plugged and the soffits covered (photos 1-3) (If you have recessed "can" lights in your open soffits, please read about them on Page 2.2 before proceeding).

1. CREATE STUFFED BAGS



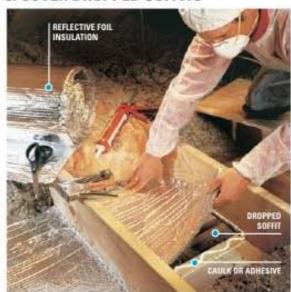
Cut a 16 inch long piece from a batt of unfaced fiberglass insulation and fold it into the bottom of a 13-gallon plastic garbage bag.

2. PLUG OPEN STUD CAVITIES



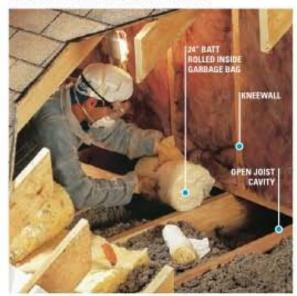
Fold the bag and stuff it into the open stud cavity. Add more insulation to the bag if it doesn't fit tightly. Plug all open stud spaces, then cover the soffit (photo 3, Page 1.7).

3. COVER DROPPED SOFFITS



After removing insulation from a dropped soffit, cut a length of reflective foil or other blocking material (rigid foam board works well) a few inches longer than the opening to be covered. Apply a bead of caulk or adhesive around the opening. Seal the foil to the frame with the caulk/adhesive and staple or nail it in place, if needed.

4. SEAL BEHIND KNEEWALLS



Cut a 24 inch long piece from a batt of fiberglass insulation and place it at the bottom of a 13-gallon plastic garbage bag. Fold the bag over and stuff it into the open joist spaces under the wall (a piece of rigid foam board sealed with spray foam also works well for covering open joist cavities). Again, cover with insulation when you're done.

If You Have a Finished Attic, Seal Behind the Kneewalls

Finished rooms built into attics often have open cavities in the floor framing under the side-walls or kneewalls. Even though insulation may be piled against or stuffed into these spaces, they can still leak air. Again, look for signs of dirty insulation to indicate air is moving through. You need to plug these cavities in order to stop air from traveling under the floor of the finished space (photo 4).

Caution: Some attics have vermiculite insulation, which may contain asbestos, a health hazard. Vermiculite is a lightweight, pea-size, flaky gray mineral. Don't disturb vermiculite insulation unless you've had it tested by an approved lab to be sure it doesn't contain asbestos. Contact your local health department for the name of an approved lab.

EPA's Care for your Air

Take Action to Improve Air Quality in Every Room

Asthma is a serious, sometimes life-threatening respiratory disease that affects the quality of life for millions of Americans.

Environmental asthma triggers: are found around the home and can be eliminated with simple steps.

- · Don't allow smoking in your home or car.
- Dust and clean your home regularly.
- · Clean up mold and fix water leaks.
- Wash sheets and blankets weekly in hot water.
- · Use allergen-proof mattress and pillow covers,
- · Keep pets out of the bedroom and off soft furniture.
- Control pests—close up cracks and crevices and seal leaks; don't leave food out.

Children are especially sensitive to secondhand smoke, which can trigger asthma and other respiratory illnesses.

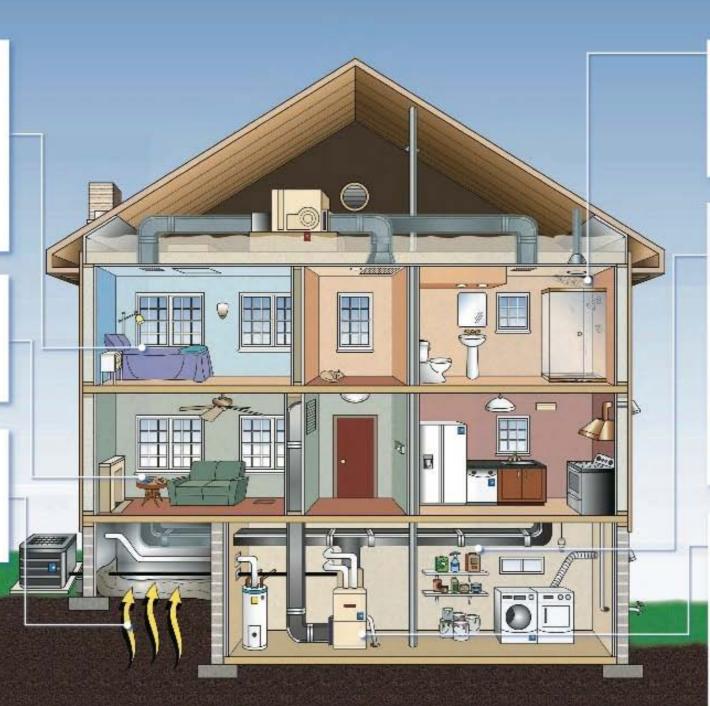
Secondhand smoke: smoke comes from burning tobacco products such as cigarettes, pipes, and cigars.

 To help protect children from secondhand smoke, do not smoke or allow others to smoke inside your home or car,

Radon is the second leading cause of lung cancer.

Radon gas: enters your home through cracks and openings in floors and walls in contact with the ground.

- Test your home with a do-it-yourself radon kit. If the test result indicates you should fix, call a qualified radon mitigation specialist.
- Ask your builder about including radon-reducing features in your new home at the time of construction.



Mold can lead to allergic reactions, asthma, and other respiratory ailments.

Mold: can grow anywhere there is moisture in a house.

- . The key to mold control is moisture control.
- If mold is a problem in your home, you should clean up the mold promptly and fix the water problem.
- It is important to dry water-damaged areas and items within 24-48 hours to prevent mold growth.

VOCs cause eye, nose, and throat irritation, headaches, nausea, and can damage the liver, kidney, and central nervous system.

Volatile organic compounds (VOCs): are chemicals that evaporate at room temperature. VOCs are emitted by a wide array of products used in homes including paints and lacquers, paint strippers, varnishes, cleaning supplies, air fresheners, pesticides, building materials, and furnishings. VOCs are released from products into the home both during use and while stored.

- Read and follow all directions and warnings on common bousehold products.
- Make sure there is plenty of fresh air and ventilation (e.g., opening windows and using extra fans) when painting, remodeling, or using other products that may release VOCs.
- Never mix products, such as household cleaners, unless directed to do so on the label.
- Store household products that contain chemicals according to manufacturers' instructions.
- · Keep all products away from children!

Carbon monoxide causes headaches, dizziness, disorientation, nausea and fatigue, and high levels can be fatal.

Nitrogen dioxide causes eyes, nose, and throat irritation, impairs lung function, and increases respiratory infections.

Sources include: indoor use of furnaces, gas stoves, unvented kerosene and gas space heaters, leaking chimneys, and tobacco products.

- Ventilate rooms where fuel-burning appliances are used.
- Use appliances that vent to the outside whenever possible.
- Ensure that all fuel-burning appliances are properly installed, used, adjusted, and maintained.

Visit www.epa.gov/iaq



Test & Fix if >4 pCi/L







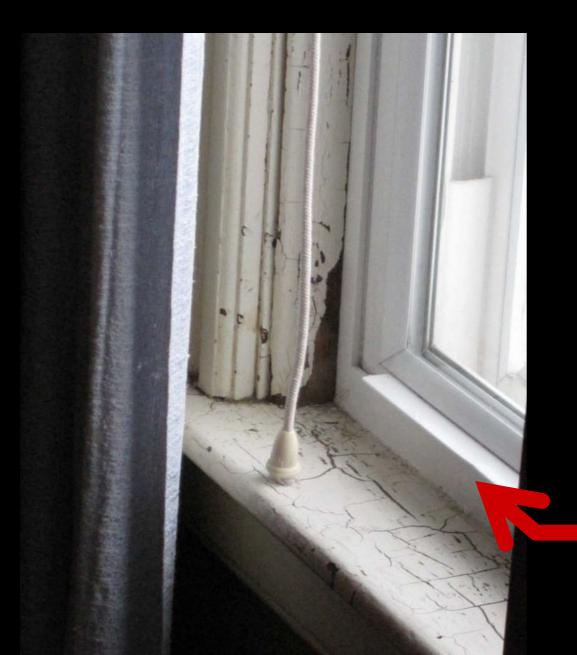
THAT!



Lead Safe Work:

THIS _____







THAT!



INSTALL/TEST CO Alarms:







NEVER Run a Generator Inside!



Buy Low VOC products:



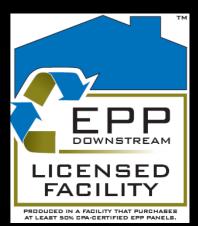






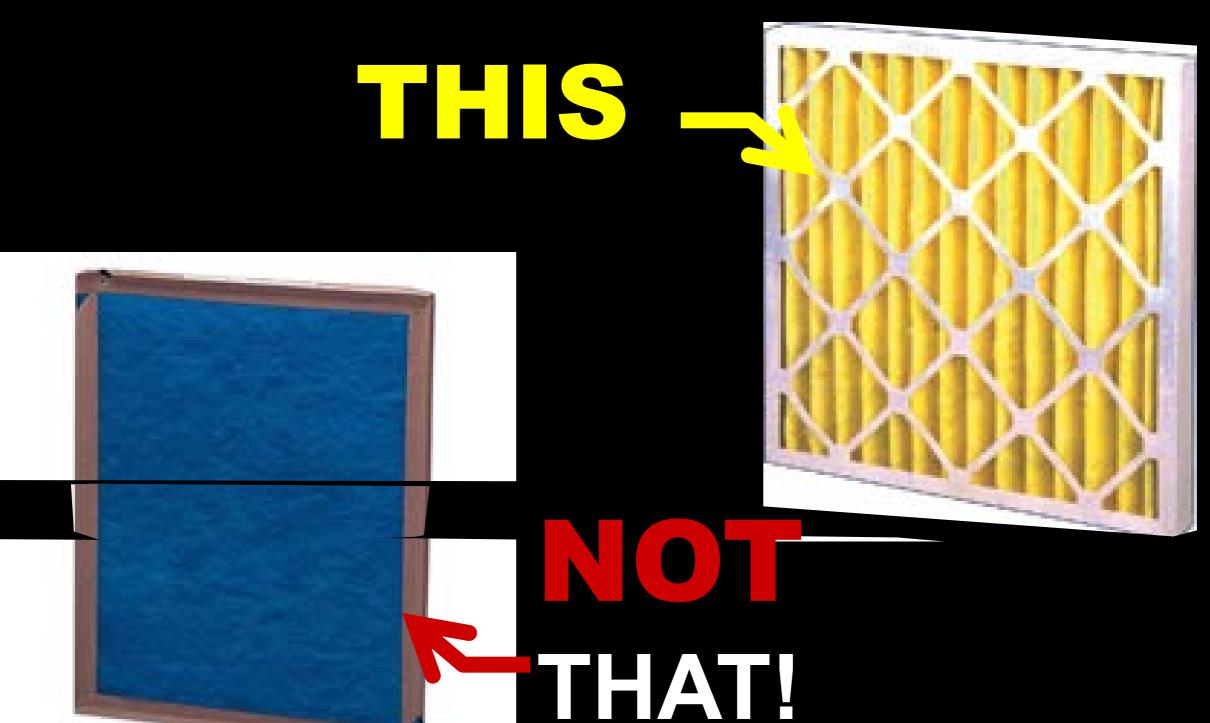








FILTRATION of AIR POLLUTANTS:





Lix Buy EPA Certified Fireplaces:





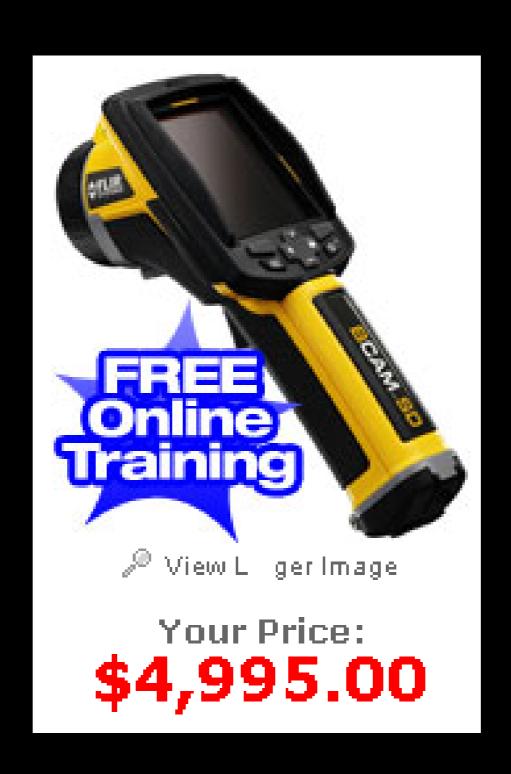


DATE OF MANUFACTURE

What new technology will completely change housing?

Hint: It has nothing to do with construction.

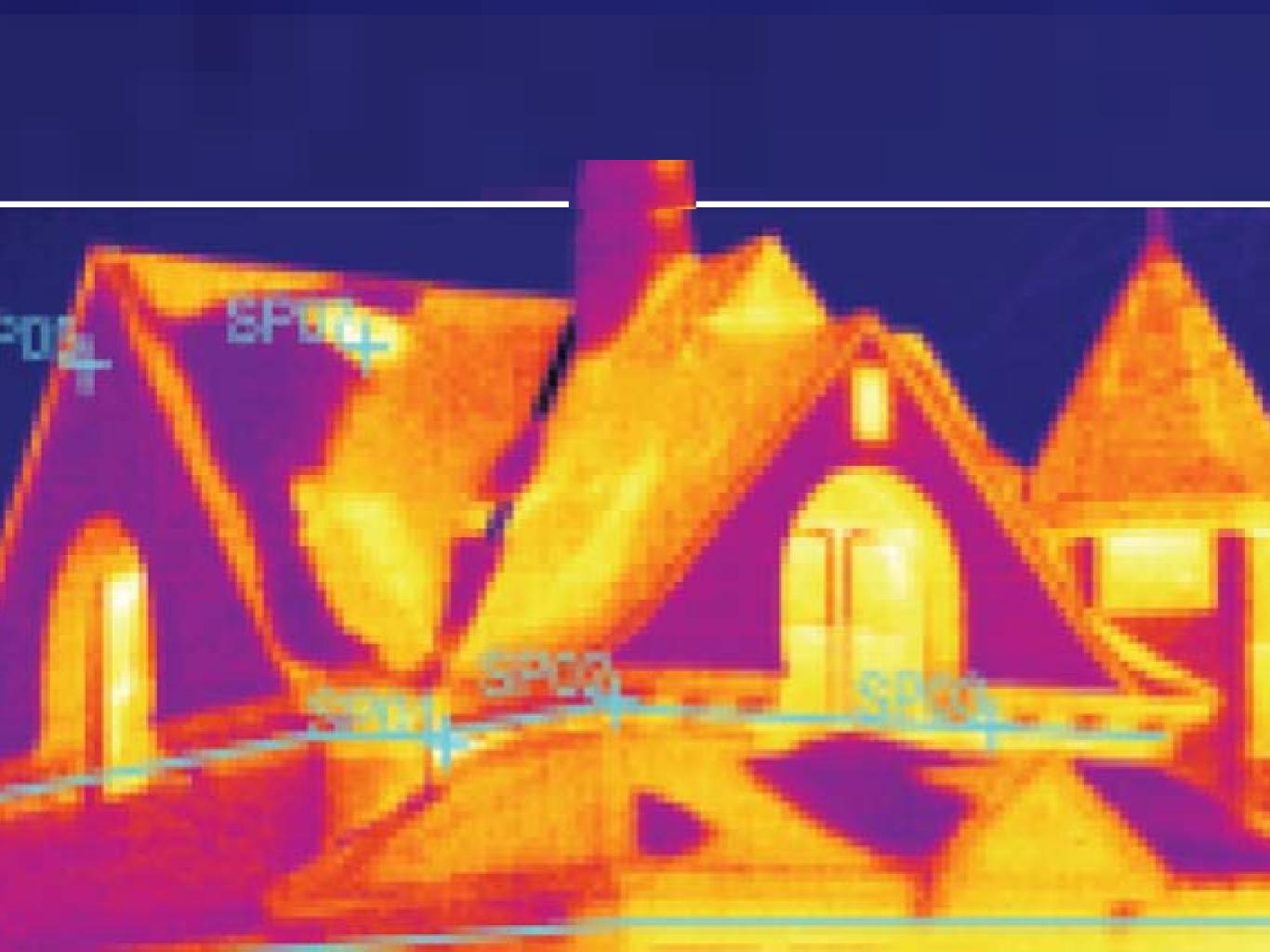
Low Cost Infrared Cameras

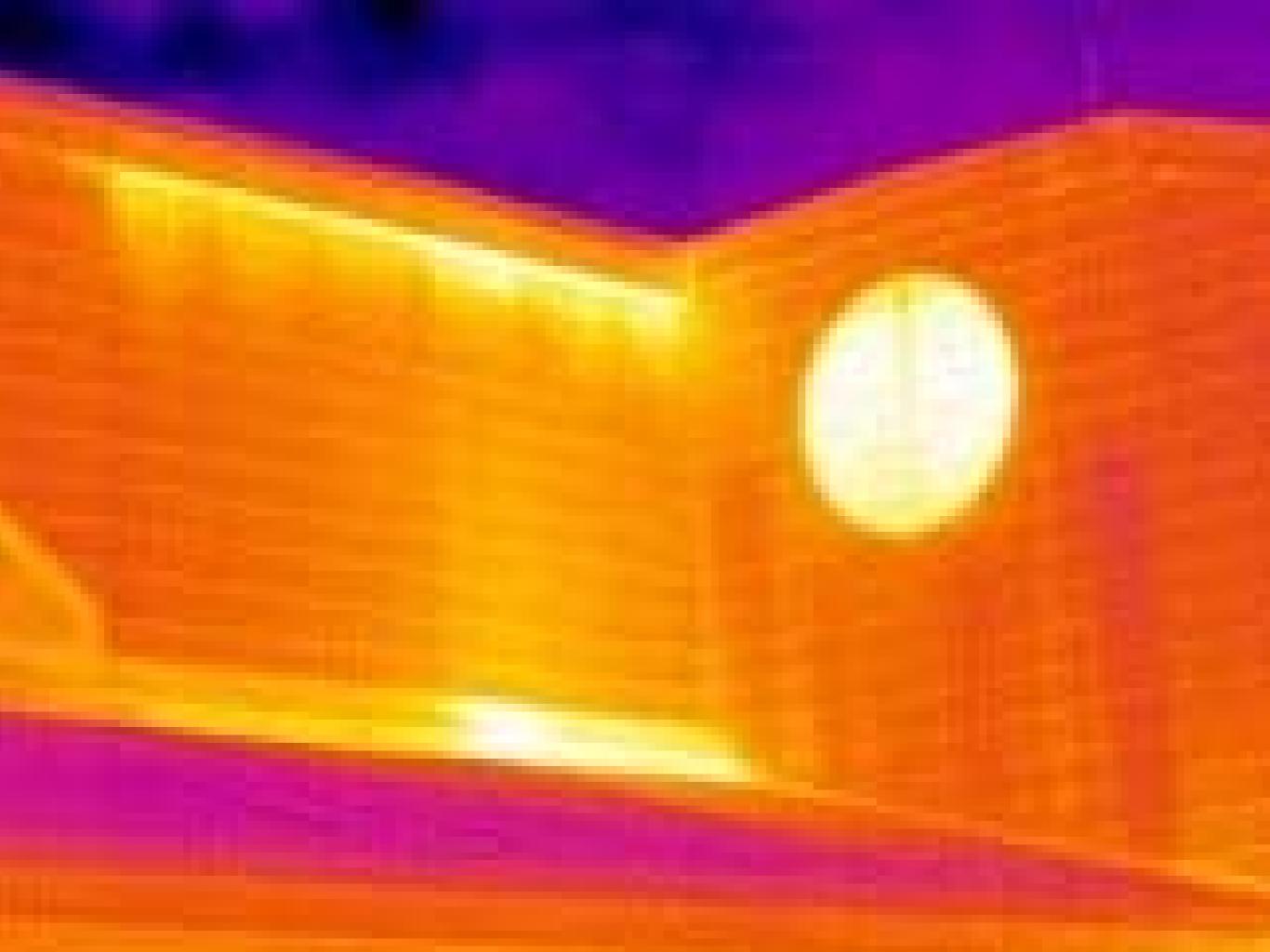




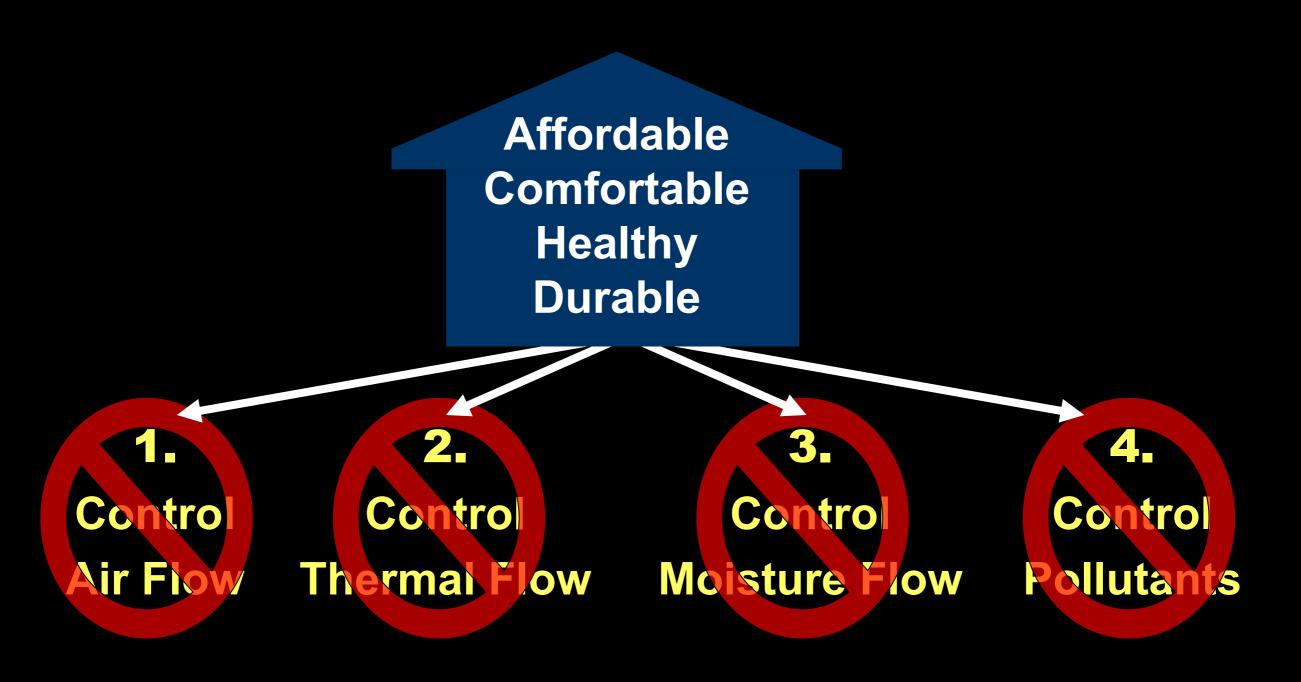








Status Quo 95+% of Homes: "Houston, We Have a Problem"





Good News: WE KNOW WHERE THE BIG HOLES ARE...

Access

Panels

Drywall at Top Plate

Penetrations:

- CeilingFixtures
- Vents
- Plumbing



Chases

Cracks:

- WindowOpenings
- DoorOpenings
- Sill Plates

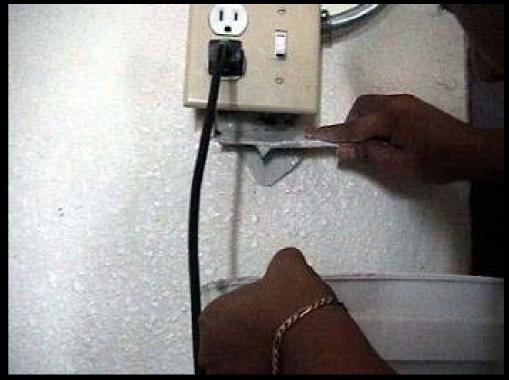
Ducts

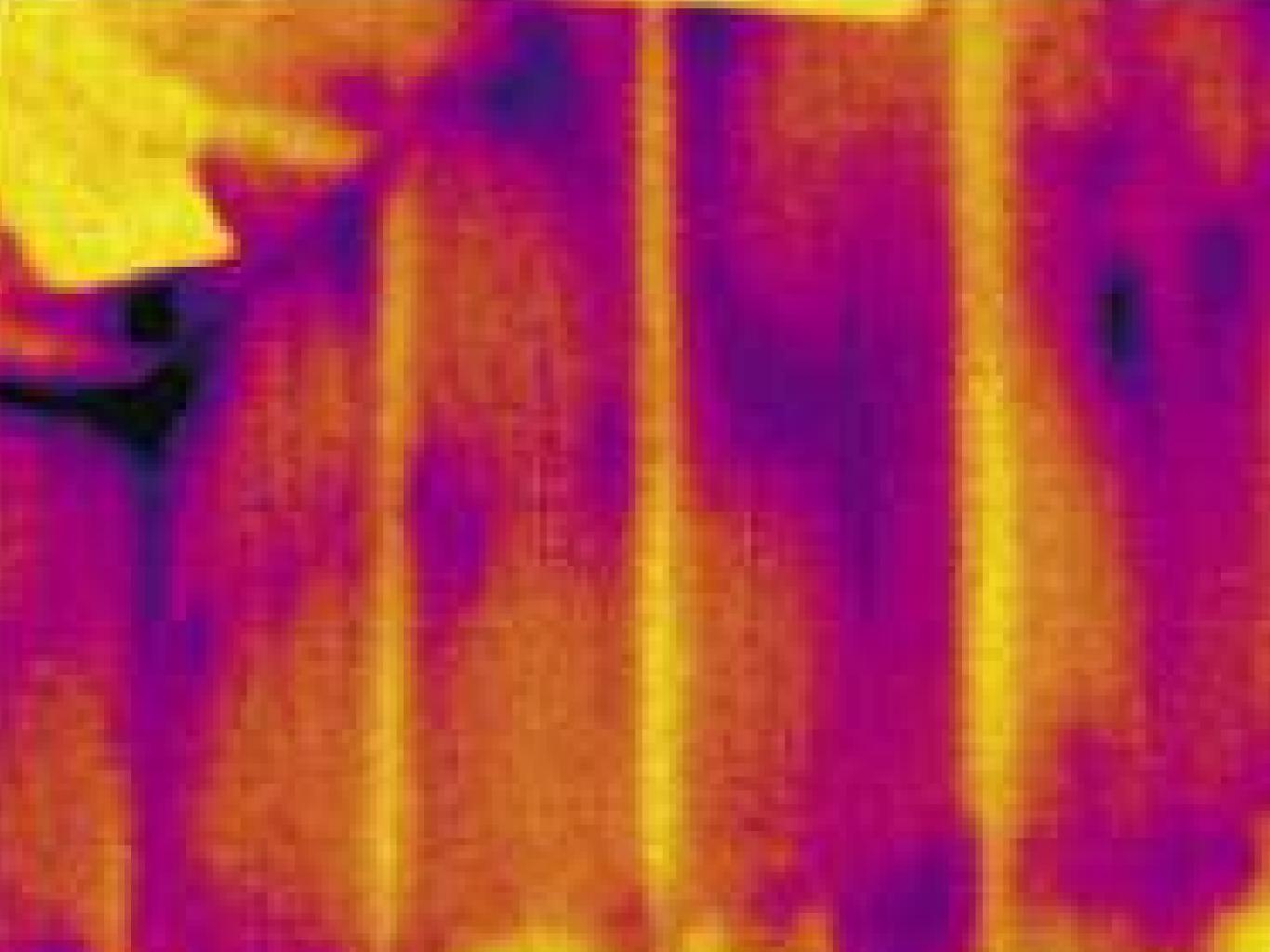


KEEP OUT PESTS WHEN AIR SEALING:









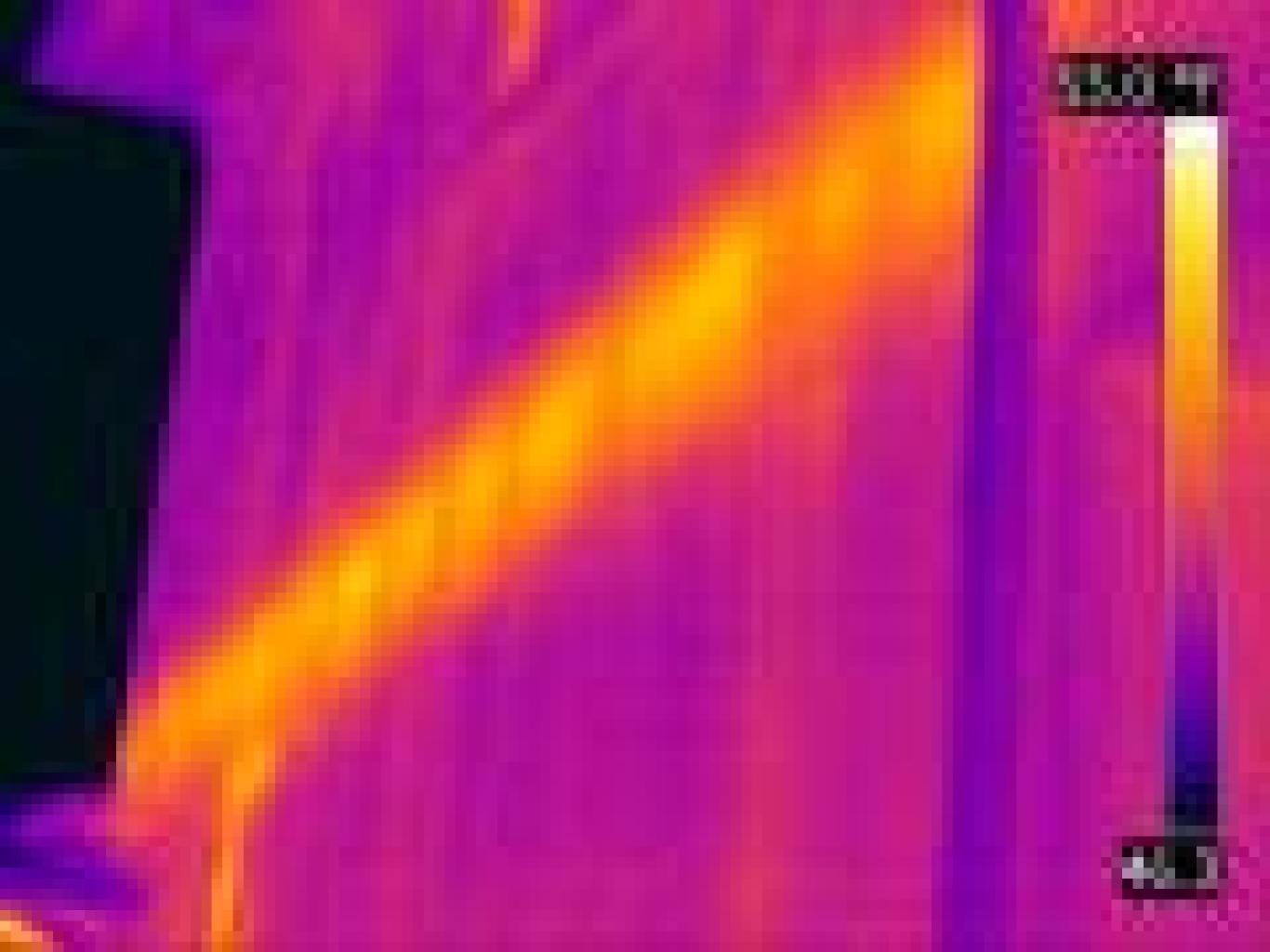


WALL INSULATION:

THIS





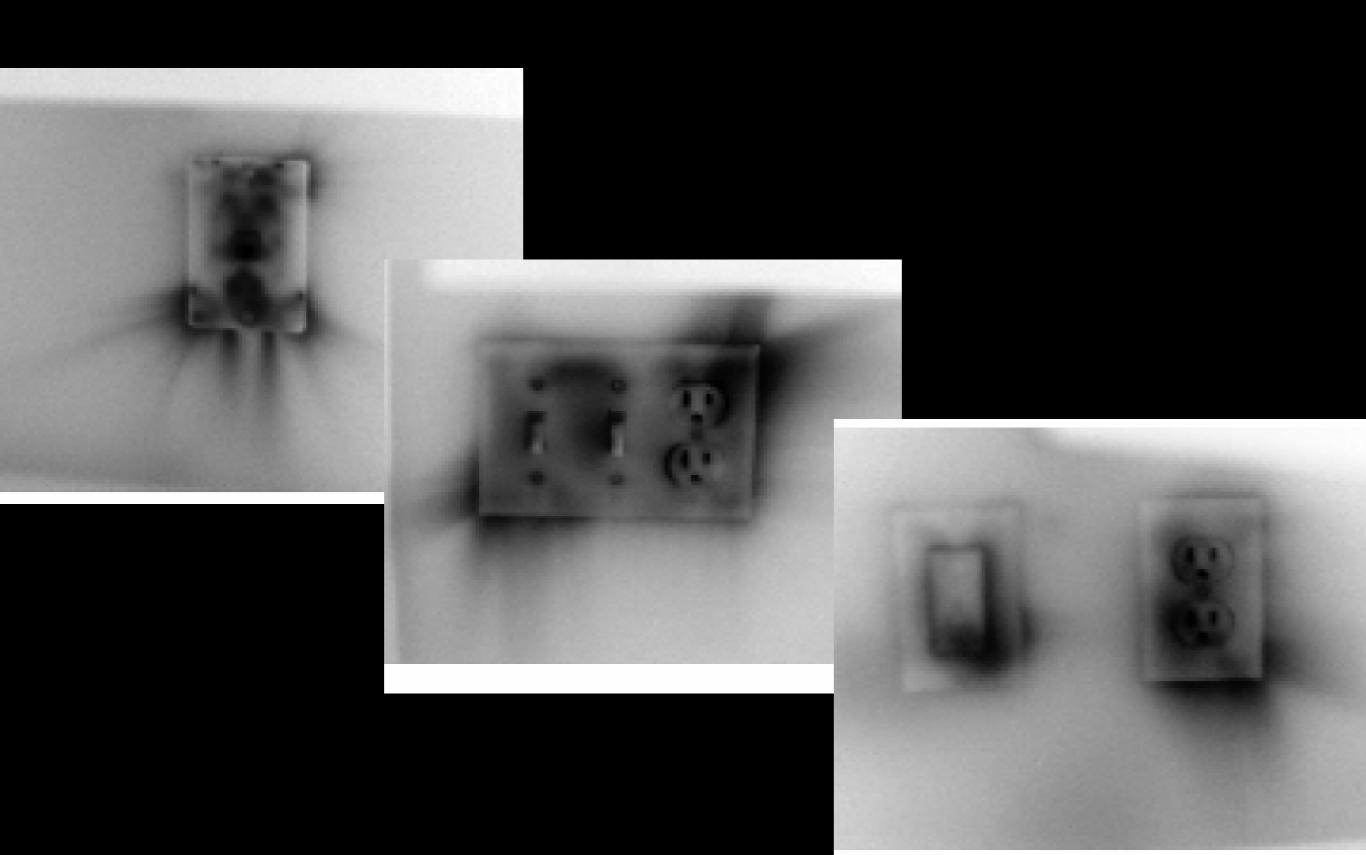




BAND JOISTS:



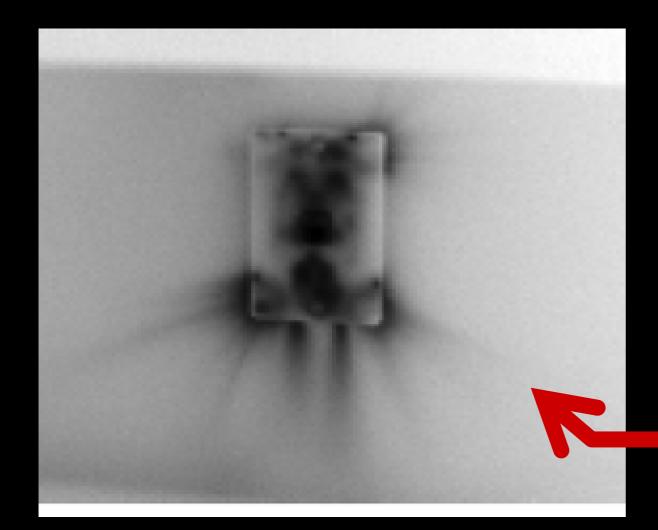
DO ELECTRIC OUTLETS/SWITCHES LEAK?





OUTLET & SWITCH PENETRATIONS:

THIS





THAT!

WHY CONTROL AIR FLOW?



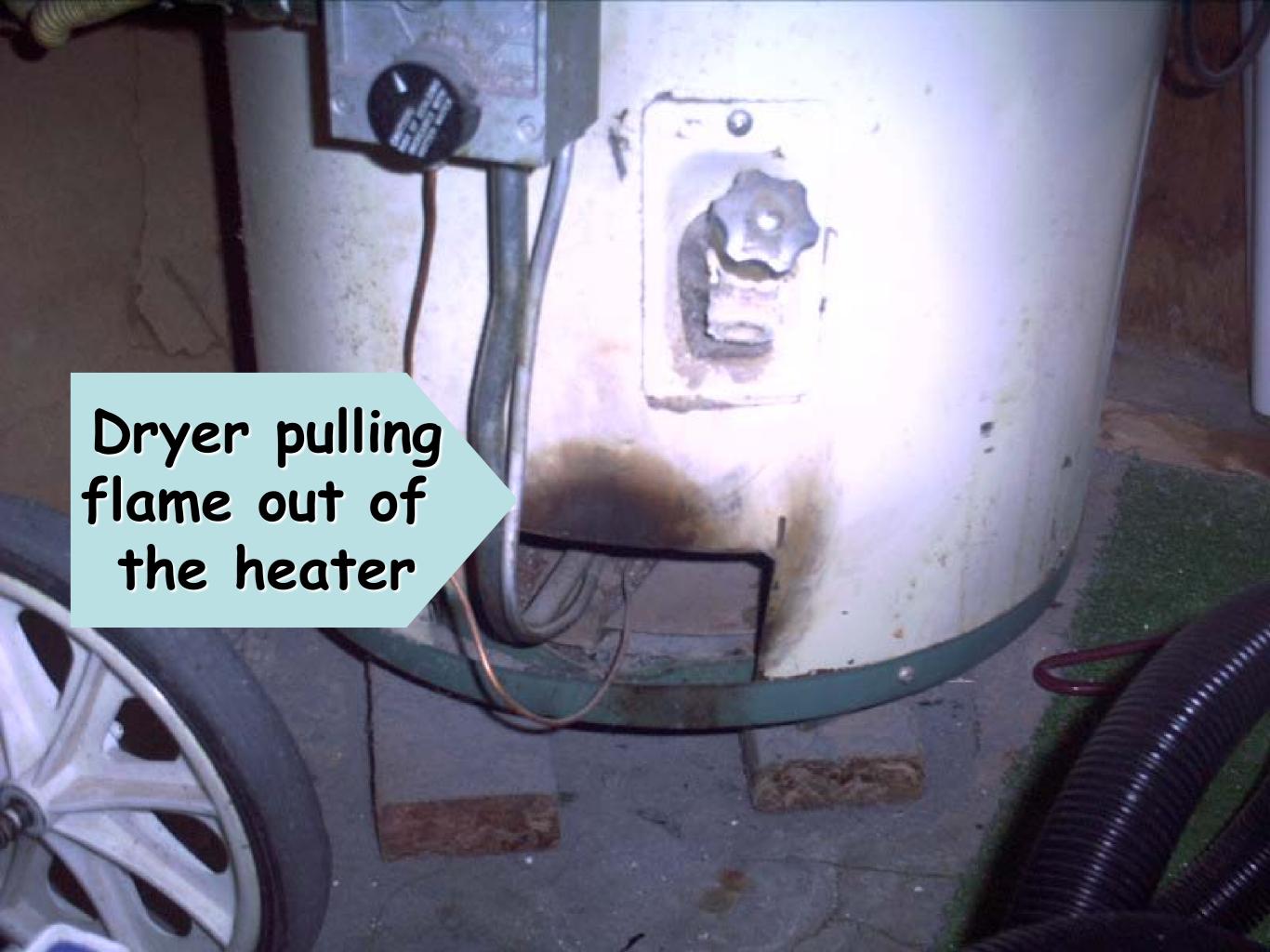
Courtesy of Building Science Corp.

INSULATION IS NOT AN AIR BARRIER











COMBUSTION SAFE EQUIPMENT:

THIS







COMBUSTION SAFE EQUIPMENT:

LIVE IN THIS





THAT!



PRESSURE BALANCED HVAC SYSTEM:

THIS





THATI





PRESSURE BALANCED HVAC SYSTEM:







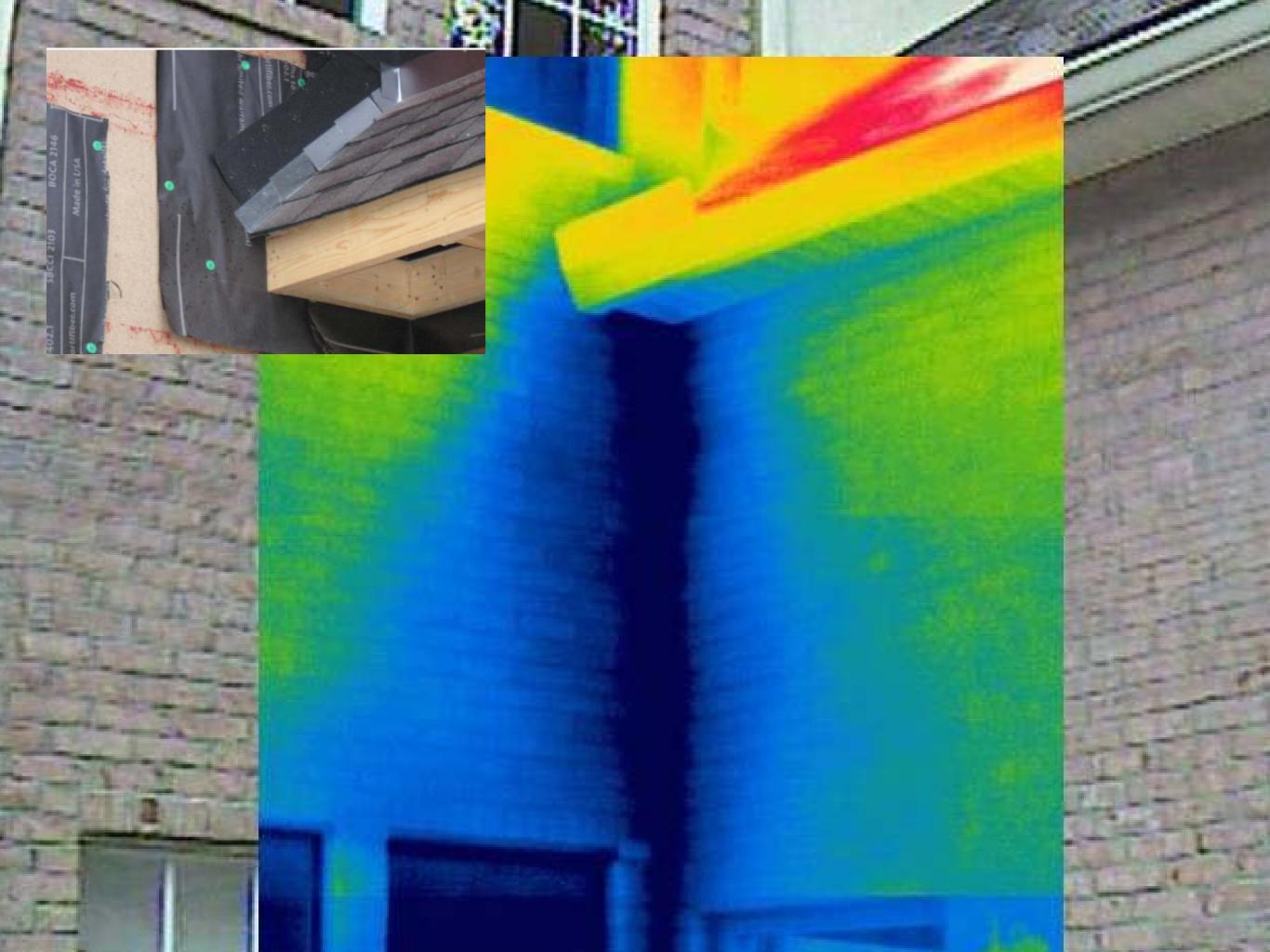




MEASURING MOISTURE IN VARIOUS BUILDING MATERIALS





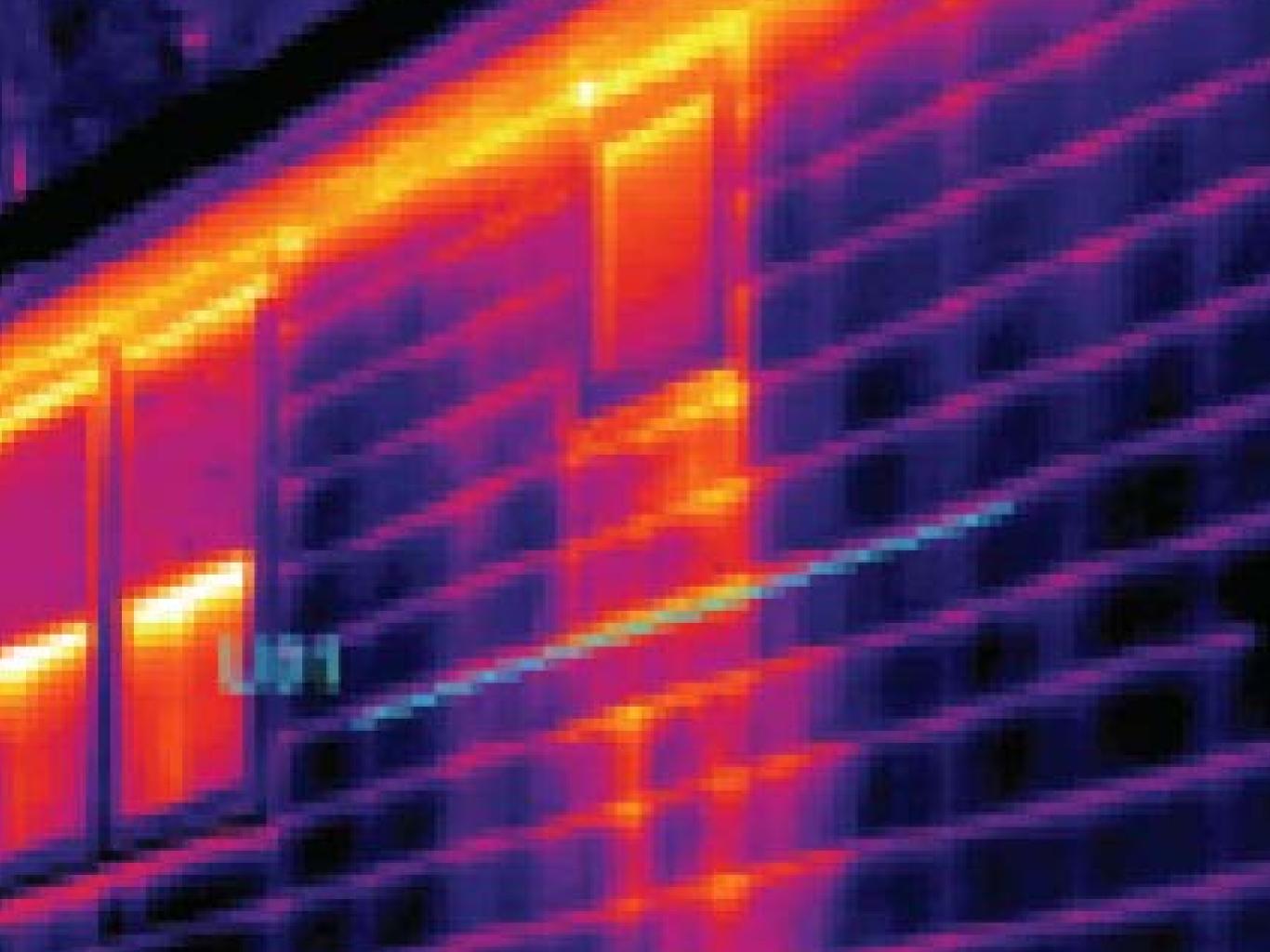




THIS -









THIS



THAT!



THIS





THATI





http://www.eere.energy.gov

